

Woman's Page

How to Fight the High Cost of Living

Cottolene Cake Contest Is On—Foods For Nourishment Instead of Rich Preserves and Pastries Should Be Selected For the Family—Eliminate Doctor's Bills By Eating Plain Foods Tastily Prepared and Vegetables and Fruits Instead of Meat—Meat Once a Week Is Plenty During Hot Weather—Household Hints—Recipes.

FOODS FOR NOURISHMENT

Editor Standard Woman's Page: It is high time that we home makers awake to the realization that our dear ones are entirely dependent upon us for the proper nourishment of the body and that, without such nourishment they cannot accomplish their best work. It is surprising how many bodily ailments are directly traceable to improper food, or food improperly prepared. Nerve specialists are now attributing even serious nerve disorders to such sources.

One most effective way to solve our financial problem is to eliminate doctor's bills. We believe it has been clearly demonstrated most people use too much meat. Therefore, both in the interests of economy and of healthful living we have meat upon our table but once a week. The body requires a well proportioned diet suited to build up muscle, fat, and blood and to produce heat. We, therefore, supply our table with vegetables of all kinds (except cabbage, which is difficult to digest), whole wheat and graham bread, butter, cereals and fruits. We use beans frequently, as they are rich in muscle building material, and so take the place of meat.

Apples, pears, strawberries, spinach, etc., are blood building foods, while sugar and starch in its various forms provide energy and heat. All fats, such as butter, cream, and peanut butter, are fat builders. As frequently consistent with variety, serve potatoes baked in their jackets. The mineral salts so valuable to the body lie just under the skin of the potato, so are lost in the peeling. Also baked potatoes are more digestible than when boiled. Left over baked potatoes, if peeled before they are entirely cold, are good warmed up in the usual ways.

We are baking any one dish for dinner we plan to prepare nearly the entire meal in the oven. For instance, if we are baking potatoes, for a second vegetable we can choose between baked squash, scalloped corn; also at the same time we can bake apples for supper. If the high cost of living should render it impossible for housewives to set upon their tables the rich preserves, pastries, etc. of former days and should drive us to "plain living and high thinking" it may prove, ultimately, a blessing in disguise. "L. R. A."

HOUSEHOLD HINTS

Try rubbing boracic talcum into a borshehr hat that needs cleaning, taking care that it penetrates every thread of the material, and leave for some hours. Then brush out and repeat the process.

An English party is, as a rule, a deep pie with no bottom crust, filled with meat prepared with a sauce. Or it may be a sweet party. But, as a rule, when one speaks of an "English party" one refers to one containing meat in some form. The crust to these preparations is very hard, and is sometimes made of raised dough. At other times the crust is like that used in the making of quick biscuit.

CLEANING A WHITE RATINE SUIT

Put into a deep bowl clean wheat flour, adding to it a double handful of salt. Set in the oven until warm, but not browned, then put the dress in this, rubbing it between the hands, as you would wash a garment in suds. Rub the soiled spots especially. Now bury the dress in the salted flour and leave for twenty-four hours, then shake and beat out the flour. The dust and grime should come with it. If any spots remain, rub boracic talcum thoroughly into every thread, and leave it on for twenty-four hours, then brush out.

RECIPES

Sour Cream Nut Cake—Two cups sugar, two-thirds cup cottolene, salt to taste, one cup sweet milk, three cups flour, three teaspoons baking powder, flavoring, lemon or almond, to taste; whites five eggs, beaten light and added last. Bake in layers.

Filling for Sour Cream Nut Cake—Yolks five eggs, one cup sugar, one cup sour cream. Cook in double boiler until thick, then take from fire and add one cup chopped nut meats and flavoring such as you have used in cake. Spread between layers and on top.

ENGLISH MUFFINS

Scald a pint of milk and stir into it a teaspoon of cottolene and when the mixture is lukewarm add a pint of flour sifted with a teaspoon of salt, and when this is free from lumps beat in a half yeast cake dissolved in a gill of lukewarm water. Set in a warm room to rise over night, or for six or eight hours. When light, add a cup of sifted flour and pull bits of the dough off quickly and lightly with floured hands. Drop into greased muffin tins and set to rise for a half hour, then slip rings and contents upon slightly greased griddle and cook for fifteen minutes. When brown on one side turn over carefully and brown on the other side. Cook slowly until done.

ATTEMPTS TO KILL WIFE AND SELF

Sioux City, June 2.—Stewart Flege, aged 27, an employee of a planning mill here shot and dangerously wounded his young wife, Rebecca.

CHICHESTER'S PILLS
THE DIAMOND BRAND
Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. They are made with Blue Ribbon. Druggists, Ask for CHICHESTER'S PILLS in Red and Gold wrapper. They are made with Blue Ribbon. Sold by Druggists Everywhere.

Flege, last night and then fired a bullet into his temple. He will die. Flege fired three times at his wife, one ball taking effect in the back of the head. They have been estranged for the past six months.

QUICK ACTION PLEASES ALL OGDEN

Everybody in Ogden who has tried it for bowel and stomach trouble, is more than pleased with the QUICK action of simple buckthorn bark, glycerine, etc., as mixed in Adler-Ika. JUST A SINGLE DOSE usually relieves sour stomach, gas on the stomach and constipation QUICKLY. Those who have been using the more ordinary bowel and stomach remedies say that Adler-Ika is a big surprise. A. R. McIntyre, druggist, 2421 Washington Ave. (Advertisement.)

SEASON OPENS IN U. S. PENITENTIARY

Atlanta, Ga., June 2.—The pennant race among the eight clubs in the United States Penitentiary Baseball league in this city now is two months old, and has developed as many surprises as the fights in the major leagues of the national game. The "Giants," winners last year, are no better than fourth. The "Athletics" are in the "cellar," with not a victory to their credit.

The race now is between the "Hustlers" and the "Tigers." Both have a clear record of victories. "Old Reliable," star pitcher for the "Giants," who won 15 out of 16 games last season, was hurt last Sunday. At the time of his injury "Old Reliable," also known as "Black Matty," had reached the last inning of a no-hit game, while the team back of him had piled up eight runs.

"Good Words," the prison paper, has a sporting editor with a thoroughly up-to-date style. This is the way he describes the game mentioned. "Now, for the game of the season. Again the mighty Giants bite the dust, and it was the despised Pirates who laid them low. Up to the last inning 'Old Reliable' the score stood 5 to 0 in his favor. In stopping a hard hit grounder, he hurt his pitching hand, and 'Nick' essayed to finish. Things broke loose. It was a tidal wave. The Pirates, placing hit after hit over second, scored three runs. More hits and then register No. 3832, with the bases intoxicated, hits over the right field bank, and everybody scores. The Giants' captain goes in to the box, but the Pirates would not be denied, and old '15,' the Pirates' 50-year-old captain, places a hit over shortstop, and the score is tied. The Giants retired a man, and fight gallantly, but the Pirates waving the black flag, pushed over the winning run."

"Ban Johnson, the dominating disciplinarian, who rules the American league, has nothing on our president," says Good Words.

PITCHED BALL CAUSES DEATH

Anacortes, Wash., June 2.—Parela Smith, an 18-year-old high school student, who was hit on the head by a baseball while playing in a match game Saturday, died yesterday in a hospital.

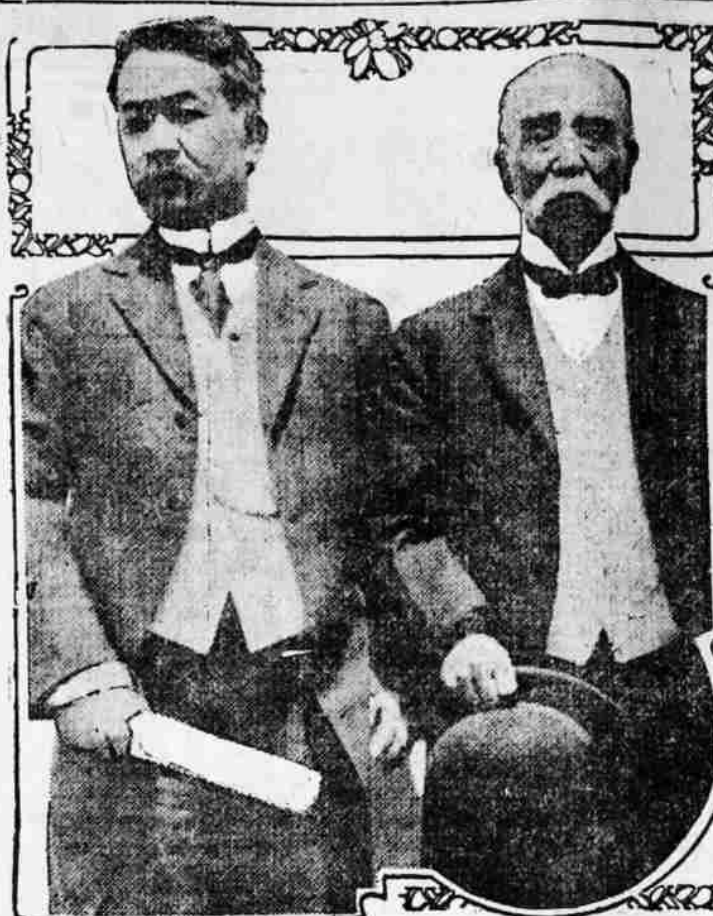
Milo Stock, aged 23, who was struck by a pitched ball in the same game, suffered the loss of an eye and may die.



A CHARMING WAIST AND GIRLIE.

Plain sheer organdie with wide lace insertions are combined as shown here. The tiny chemise below the black bow is of net and is trimmed with buttons and loops, the buttons covered with black net over white. The girlie is made over a boned foundation and has the effect of a long triangular piece of silk crepe; the single end finished with a heavy silk tassel.

GIVE JAPS CITIZENSHIP AND THEY'LL FIGHT FOR U. S. A., SAY TOKIO ENVOYS



A. Hattori (left) and E. Ebara.

"If the Japanese are permitted to become citizens of the United States they will be as loyal as your native born. So loyal would they be that in case of a conflict between the United States and Japan your newly acquired citizens from the far east would be the first to fight for the country of their adoption."

So declares A. Hattori, head of the Japanese Nationalist party, who is now in this country to urge that the Japanese be given citizenship, and to study conditions here. He is accompanied by Soroku Ebara, head of the Constitutional party and president of the Japan Peace society, who is here on a similar mission. They will remain four months.

HOW NORDICA'S OGDEN MAN GIVES MOTHER WON HIS ENDORSEMENT A VICTORY

Local Resident Is Cured of Long-Standing Cane By Plant Juice

What will without doubt be the premier musical event in Ogden's history is the coming appearance of Madame Lillian Nordica and assisting artists with the Ogden Tabernacle choir, on the evening of June 11. With her beautiful personality and wonderful vocal and dramatic equipment, Nordica is one of the most famous artists before the public. Her superb voice is under such perfect control that it can produce the required tone qualities to express every possible sentiment. Melba, Nordica and Tetrazini are admittedly the greatest sopranos of the day, but on the concert platform Nordica is unrivaled, one reason being that she is a wonderful program builder and her concert programs are always chosen to display the singer's consummate art; another reason is her magnetic personality and dramatic temperament. Without concert or stage setting, so great is her art, that she brings the whole scene vividly before her auditors and the bare concert platform is for the moment transformed to the scene of her song.

The success of the famous diva is a tribute to the ambition and struggles of two women, the singer and her mother.

The youngest of six daughters of Edwin Norton, Lillian was born in Farmington, Me., in a family where music was the atmosphere of the home. Her father was a violinist and her mother a singer with an unusually rich, sweet voice. Mrs. Norton's ambition chafed at the limitations of village life; she wanted broader opportunities for the development of her children, so, when Lillian was six, from Maine she was taken to Boston, the mecca of her dreams.

The future prima donna early revealed the promise of her wonderful voice, and the mother of the transplanted family laid aside money from her boarding house for the musical instruction of her daughter. From twelve to fifteen, Lillian studied at the Boston Conservatory, with Prof. John O'Neill, who condensed the five years' course into three. When her interest flagged in the slightest she was stimulated to new energy by her mother, who learned her daughter's parts in order to teach her, worked untiringly and saved loyally for the new goal of instruction.

Lillian was growing in power and courage. She was making \$1,000 a year as a church singer, but singing in church did not satisfy her high ideals. She audaciously besieged Tietjens in her dressing room, and by her beauty, her grace and her persistence, forced the great singer to listen to her rendering of Leonora's aria in "Il Trovatore." Tietjens was charmed, captivated, became her friend and advised her to go to New York to study with Maretzky. The devoted mother was equal to this new emergency; she met the occasion with her customary high finance; saved, borrowed and otherwise secured enough money for a two-years' stay in the metropolis, where she watched tenderly over her beloved daughter.

On completing the two years, when funds were ebbing and hopes flowing, Patrick Gilmore heard the singer and engaged her for a hundred concerts in Europe. Then came the debut at the Trocadero in Paris, followed by a term at Milan, where San Giovanni, the great teacher, and an enthusiastic admirer of the singer, rechristened her "Giglie Nordica," the lily of the North. At Brescia, where her success was overwhelming, her mother fainted through joy at hearing unending plaudits of the enthusiastic audience.

The Ogden Tabernacle choir is to be congratulated on the grand treat in store for everyone when Madame Nordica, assisted by Franklin, Holdorf, violinist, Royayne Simmons, pianist, and Paul Dufault, tenor and the choir, offer her grand program of music.

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MANUFACTURERS

headquarters have strictly enjoined all commanders to avoid engagements, the Bulgarians are trying to push back the Greek forces and several encounters have resulted.

The Greek minister at Sofia has been ordered to protest and to inform the Bulgarian government that the Greek government declines responsibility for the results of Bulgarian provocations.

A long conference has been held by the Greek minister at Belgrade, the Serbian minister at Athens and several Serbian officers with M. Venizelos, the Greek premier. The Serbians are concentrating a large force at Piro, 10 miles from the Bulgarian frontier, and 50 miles from Sofia.

TWO KILLED IN ACCIDENT

Chicago, June 2.—Both the mother and mother-in-law of Otto Blaurock, sales manager of the Western Packing & Provision company, were killed and Blaurock himself and his nephew, Harry Blaurock, were injured when a Lake street car struck their auto at the Thatcher avenue crossing at River Forest yesterday.

The dead: MRS. JOHANNA SCHALK, skull crushed; died almost instantly. MRS. MARIE BLAUROCK, skull fractured; died within an hour.

The injured: Harry Blaurock, bruised about the body and hands crushed. Otto Blaurock, cut and bruised about the hands and face. The approach to the crossing is screened by trees and Otto Blaurock, who was driving the automobile, failed to see or hear the street car.

CARD OF THANKS

We, the undersigned, wish to thank those who aided us in the hour of our bereavement in the death of our sister. Especially do we wish to thank the speakers and singers and those who gave floral offerings.

(Signed) G. W. HAYS AND SISTERS.

DEAF AND BLIND COMMENCEMENT

Graduation exercises for pupils of the School for the Deaf and the Blind will be held at 8 o'clock Tuesday evening.

SPRING RUSH TO THE GOLD FIELDS

Seattle, Wash., June 2.—The annual spring rush to the Seward peninsula gold field began yesterday when the first of the regular liners to sail for Bering sea this season departed from Nome, Alaska, with 380 passengers and a full cargo of mining machinery, provisions and supplies.

The scene at the wharf when the Senator sailed was reminiscent of Klondike days. The pier was crowded with Alaskans and friends of those aboard the Senator.

The Senator will be followed tomorrow by four steamships bound for the same port. The liner Victoria will carry 668 passengers and a full cargo of freight and the three freighters will take big shipments of provisions and mining supplies for Nome and adjacent mining camps.

MEXICO GETS HUNDRED MILLION

New York, June 2.—Negotiations by the Mexican government of a foreign loan of approximately \$100,000,000 for governmental purposes and on account of the National railways of Mexico having been completed, local bankers interested in the matter announced last night that the issue of \$10,000,000 two-year notes of the National Railways of Mexico, maturing today, will be paid. Conferences among the banking interests here Saturday, at which ways and means for meeting the maturing railway notes were discussed, was followed late last night by the announcement from Mexico City that the loan pending in Paris, through which it was hoped the problem of railroad financing would be solved, had been successfully negotiated. The railroad's finances are closely interlocked with those of the Mexican government itself, as the National railways is a government enterprise.

DOVE OF PEACE IN THE BALKANS

Sofia, June 2.—The Bulgarians and Serbian premiers met on the frontier last night and hopes are entertained that they will be able to reach a settlement on the questions in dispute between the two countries.

Saloniki, June 2.—Although Greek

LINES SUGGESTING THE MEDIAEVAL

Plain and figured pongee are combined as sketched here. The plain is of the natural shade of cerise and the groundwork of the other exactly matches it. The design is in the dull old-looking colors and a dull blue girde is worn. Heavy cords of the plain material and a row of covered buttons form the only trimming.

WESTERN UNION

TELEGRAM
THEO. N. VAIL, PRESIDENT

The typewriter supplanted the handwritten letter.
Western Union
Day and night letters have supplanted the shower mails

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to buy horses and mules—will be at Union Stock Yards in Ogden all day Friday, and Saturday forenoon, June 6 and 7—all kinds of good horses, large or small, broke or unbroke—no plugs or cripples wanted.

A. H. LANGMANN



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